*Jerry Bridges in his chapter on “HOLINESS IN SPIRIT” says that, “Holiness begins in our minds and works out to our actions. This being true, what we allow to enter our minds is critically important. The television programs we watch, the movies we may attend, the books and magazines we read, the music we listen to, and the conversations we have (and may I add all screens-phones…) all affect our minds. We need to evaluate the effects of these avenues honestly, using Philippians 4:8 as a standard.” (pg. 92)*

We are commanded by God to develop and build our thinking upon the truths in His Word.

SINFUL (self-focused) and NEGATIVE thought patterns we must *“PUT OFF”* -root out & repent of

***contrasted with***

RIGHTEOUS (God-focused) and POSITIVE thought patterns we must *“PUT ON”* -replace & renew

***Compare your own thought life with the standard set for us in Philippians 4:8:***

***PUT OFF*** -Whatever Is False: thoughts that wander from the truth, lies, deceptive ideas

(1 Thessalonians 2:3)

***PUT ON*** -Whatever is True: facts that reflect reality (2 Tim.2:25; Eph. 4:20-21; Jn. 16:13; 17:17)

***PUT OFF*** -Whatever is Dishonorable: Thoughts that are disrespectful, worthless, and self-serving. (James 3:16; Phil. 2:3-4))

***PUT ON*** -Whatever is Honorable: Thoughts worthy of respect and not trivial. Honoring to God. These are all thoughts that point to God and give Him the glory. (John 5:23-24; 1 Pet.3:15; 2 Thess. 3:1; 1 Tim. 1:17; Rev.4:11; 5:13)

***PUT OFF*** -Whatever is Unjust/Not Right: Thoughts that are unrighteous, bitter, wicked and vengeful. (Heb. 12:15; Eph. 4:31; Rom. 3:14; Col. 3:8)

***PUT ON*** -Whatever is Just/Right: Thoughts that are in harmony with God’s divine standard of holiness. Thoughts that are reflected by scripture. (Eph. 4:32; Col. 3:1-4; 1 Peter 1:13-16))

***PUT OFF*** -Whatever is Impure: Thoughts that daydream, fantasize and are filled with sinful lust. (Eccl. 5:7; 1 Peter 4:1-2; Titus 1:15; Eph. 5:3)

***PUT ON*** -Whatever is Pure: Thoughts that do not lead to sinful lust. (Psalm 51:10; Matt. 5:8; Col. 3:15; Psalm 19:14)

***PUT OFF*** -Whatever is Unlovely/Offensive: Thoughts that are proud, arrogant, rude and resentful toward others. Thoughts that tear others down. (Phil.2:3; Titus 3:2; 1 Cor. 13:4-5)

***PUT ON*** -Whatever is Lovely: Thoughts that are friendly towards another. Thoughts that promote the best for the other person. (Phil. 2:4-5; Col. 3:16; 1 Thess. 5:11; 1 Peter 1:22)

***PUT OFF*** -Whatever is Evil/Bad report: Thoughts and words that are wicked, slanderous, hateful, resentful, spiteful and harmful towards another. (Matt. 12:36; Rom. 1:29-31; 2 Cor. 12: 20; Titus 3:2; 1 Peter 2:1; James 4:11; 5:9; Psalm 101:5; Prov. 10:18; 16:28; 25:9-10)

***PUT ON*** – Whatever is of good repute(or good report): Thoughts and actions that are respectful and edify and build others up. Thoughts that always assume the best of others. (Romans 12:10; Eph. 4:29; Phil. 2:5; James 2:8; 1 Thess. 4:11)

***PUT OFF*** -Whatever is Disgraceful: Thoughts that are improper, unworthy and blameworthy. (Matt. 7:3-5; Eph. 4:31-32; Eph. 5:4; 1 Cor. 10:6-12; 13:1-13; Jude)

***PUT ON*** – Whatever is Excellent and Worthy of Praise: Thoughts that are pure and praiseworthy and point to God giving Him all the glory due to His Holy name. (Eph. 1:6,12,14; Phil.1:11)

***“Finally, brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, dwell (meditate/ponder) on these things. The things you have learned and received and heard and seen in me, practice these things, and the God of peace will be with you.” (Philippians 4:8-9NASB)***

God has given us clear guidelines for how we are to think---God wants every one of our thoughts to please Him and honor Him throughout the day. What types of thoughts do you need to PUT OFF and what types of thoughts do you need to PUT ON?

Ladies, praise be to God that He knows that we cannot to this without the Spirit of God and the Word to guide us and His grace to help us. All of God’s standards are high and holy and every thought we think is no exception. We are by God’s grace to develop and build our thinking around the qualities listed in Philippians 4:8 and thus put off sinful self-focused negative thoughts and put on righteous God-focused positive thoughts. All for the glory of God!